



Roscoe Branch Group Exercise Schedule

Effective
March 1st, 2018

Monday

| Time | Class | Location | Instructor |
|-------------------|----------------|--------------|------------|
| AM Classes | | | |
| 5:15-6:00 | Group Cycle | Cycling Room | Stacy |
| 5:30-6:30 | Boot Camp | Gym | Mark/Amy |
| 8:00-9:15 | Step | Gym | Sarah |
| 9:30-10:00 | CxWorx | Gym | Tiffany |
| 10:10-11:10 | Sr. Fit | Gym | Nancy J. |
| PM Classes | | | |
| Noon-1:00 | BodyPump | Gym | Jan |
| 1:00-1:55 | SilverSneakers | Gym | Joni/Jan |
| 5:35-6:35 | BodyPump | Gym | Renee |
| 6:40-7:40 | BodyCombat | Gym | Polly |

Tuesday

| Time | Class | Location | Instructor |
|-------------------|-------------|--------------|-------------|
| AM Classes | | | |
| 5:30-6:30 | BodyPump | Gym | Stacy |
| 5:30-6:30 | Group Cycle | Cycling Room | Mark |
| 8:00-9:00 | BodyPump | Gym | Jill |
| 8:00-8:45 | Group Cycle | Cycling Room | Jeff |
| 9:05-9:50 | BodyCombat | Gym | Ann H/Ann M |
| 10:00-11:00 | BodyFlow | Gym | Ann M. |
| PM Classes | | | |
| Noon-12:45 | Pilates | Gym | Joan |
| 6:35-7:35 | Zumba | Gym | Lynette |

Wednesday

| Time | Class | Location | Instructor |
|-------------------|---------------------|--------------|------------|
| AM Classes | | | |
| 5:15-6:00 | Group Cycle | Cycling Room | Stacy |
| 5:30-6:30 | Boot Camp | Gym | Mark/Amy |
| 8:30-9:00 | PiYo | Gym | Tracy |
| 9:05-10:05 | Step | Gym | Ann M. |
| 10:10-11:10 | Sr. Fit | Gym | Nancy J. |
| PM Classes | | | |
| 12:00-1:00 | Restorative Stretch | Gym | Jenn |
| 1:00-1:55 | SilverSneakers | Gym | Joni |
| 5:35-6:35 | BodyPump | Gym | Kelly |
| 6:40-7:40 | BodyFlow | Gym | Emily M. |

Thursday

| Time | Class | Location | Instructor |
|-------------------|-------------|--------------|-----------------|
| AM Classes | | | |
| 5:30-6:30 | BodyPump | Gym | Stacy |
| 5:30-6:30 | Group Cycle | Cycling Room | Mark |
| 8:00-9:00 | Body Pump | Gym | Tiffany |
| 8:00-8:45 | Group Cycle | Gym | Jeff |
| 9:05-9:50 | BodyCombat | Gym | Ann M |
| 10:00-10:45 | Pilates | Gym | Joan |
| PM Classes | | | |
| 6:35-7:35 | Zumba | Gym | Jillian/Lynette |

Friday

| Time | Class | Location | Instructor |
|-------------------|----------------|----------|------------|
| AM Classes | | | |
| 5:00-6:00 | BodyFlow | Gym | Jess |
| 8:00-8:55 | Step | Gym | Sarah |
| 9:00-10:00 | BodyFlow | Gym | Ann M. |
| 10:10-11:10 | Sr. Fit | Gym | Nancy J. |
| PM Classes | | | |
| 1:00-1:55 | SilverSneakers | Gym | Jan |

Saturday

| Time | Class | Location | Instructor |
|-------------------|------------|----------|-----------------|
| AM Classes | | | |
| 6:45-7:45 | BodyPump | Gym | Renee F. |
| 8:00-9:00 | BodyCombat | Gym | Polly F. |
| 9:00-9:45 | Zumba | Gym | Jillian/Lynette |

Sunday

| Time | Class | Location | Instructor |
|------------|----------|----------|------------|
| 8:15-9:00 | BodyPump | Gym | Emily M. |
| 9:05-9:35 | CxWorx | Gym | Emily M. |
| 9:40-10:25 | BodyFlow | Gym | Emily M. |

Discover your diet with Karen Radtke, a Holistic Nurse Practitioner and Board Certified Nurse Coach.

Come & listen to this FREE lecture from Karen Radtke from Integral Health Solutions in Roscoe. She will be talking about Paleo, Ketogenic or Mediterranean diets. What is the best for your health?

For more info, please contact Ann Matuska at amatuska@statineymca.org.

Thursday, March 15th at 6:30 PM

Download our Stateline Family YMCA App to stay up to date on our classes and Holiday schedule! *Please don't forget to turn on your notifications within the app.



Roscoe Branch
9901 Main St.
Roscoe, IL
www.statineymca.org

For more information, please contact Ann Matuska at 815-623-5858

*Group exercise schedule is subject to instructor and schedule changes at any time. Please visit our website for the most up-to-date schedule. www.statineymca.org